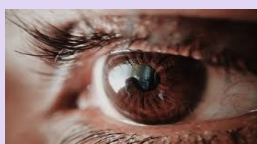




OUR VISION



To equip, empower and engage individuals living with disabilities, seniors, and their caregivers, by connecting them with supports and services while honoring their ability to make informed choices.

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Issue 5

Spring 2023



Welcome



It's officially SPRING! Such a beautiful time of year. This spring your Jefferson County ADRC is bustling, as we are

getting ready for several exciting events. We have new staff on board that I am excited to introduce you to a little later in this newsletter, and we are looking at new and improved ways to get you information on what is happening here at your ADRC. Our team is here to assist you Monday through Friday: 8:00am to 4:30pm. We look forward to

hearing from you in our offices and around Jefferson County this spring.

Sincerely,

Rebecca Schmidt

Aging & Disability Resource
Division Manager

**THE ADRC of
JEFFERSON COUNTY**
is only a phone call away



920-674-8734

Aging and Disability Resource Center

June 1st begins another season for the Senior Farmers' Market Nutrition Program (SFMNP).

What new in 2023? Voucher checks have been increased from \$25 to \$35 and the program has changed so that more than one individual per household can receive checks! **Who is Eligible?** You must be 60 years of age or older (or a Native American 55 or older) and your individual gross income for one person must be below \$2,248 per-month, \$26,973 annual. **How Do I Get These Vouchers?** Vouchers

will be available beginning June 1. For more information and to apply for the vouchers, please contact the ADRC Monday-Friday 8am-4:30pm at 920-674-8734 or email at adrc@jeffersoncountyiwi.gov



Feeling
Stretched as a
Caregiver?

Powerful Tools FOR Caregivers

Registration is required. Class space is limited. For more information or to register in Jefferson County contact Tonya Runyard at 920-675-4035 or tonyar@jeffersoncountyiwi.gov.

The Aging and Disability Resource Centers are pleased to offer *Powerful Tools for Caregivers*, an educational series designed to provide family caregivers of someone with dementia, the tools needed to take care of themselves beginning on Thursday May 4th from 2-3:30pm. This series will be offered virtually.

Held over 6 weeks, The *Powerful Tools for Caregivers* program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions and locate helpful resources. Interactive lessons, discussions and brainstorming help caregivers to choose tools and put them into action.

Senior Dining



Spring Recipe

Marinated Grilled Salmon



Ingredients:

- 1 - 4 Salmon Steaks
- 3 Tbs Soy Sauce
- 2 Tbs Dijon Mustard
- 1.5 tsp minced garlic
- 1/3 Cup Olive Oil
- 1 Tbs Minced Parsley (optional)

Directions:

In a small bowl mix soy sauce, mustard, garlic and olive oil.

Spread mixture over salmon and let sit at room temperature for 10 minutes.

Preheat grill to 400 degrees F. Clean grill grates and brush with olive oil.

Place Salmon on grill, skin side down and cook 4 minutes, then carefully flip over and continue to cook another 4 minutes or to desired doneness.

Sprinkle minced parsley on top.

Can also bake salmon at 400 degrees F, for 10–15 minutes in an oven.

BEAUTIFUL AND ACCESSIBLE JEFFERSON COUNTY PARKS



Spring is HERE! The days are getting longer, and the temperatures are slowly rising. Soon the crocus and daffodils will be popping out of the ground and giving us the first colors of season. Shortly, the first robins will return with their familiar song.

This is the perfect time to begin making plans to get outdoors. Spending time in the fresh air and sunshine gives us a dose of much needed vitamin D. Vitamin D has been found to improve mood and aid in cognitive functioning. Simply being outside can help us to feel better and it gives us all a chance to socialize.

In addition to the ideas offered, consider attending a local baseball game, soccer game, or community picnic. You are an important and vital member of the community. Get outside and get some sunshine, fresh air, and smiles from neighbors! Happy Spring!

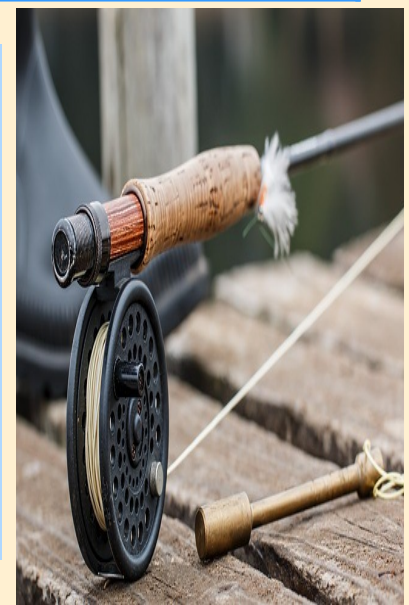
By: Kim Herman , Caregiver Specialist

- **Korth Park** W8390 Korth Ln., Lake Mills
- **Dorothy Carnes Park**, N3220 Radloff Ln., Fort Atkinson.
- **The Glacial River Bike Trail**, 30 N. Water St., Fort Atkinson
 - This trail is paved and accessible to all!
- **Lower Rock Lake**, W8050 Park Lane Rd. Lake Mills
 - This park has concrete sidewalks from the parking area to the park as well as to the bathrooms.
- **Rock River Park**, 1300 Lillian St, Fort Atkinson,
 - This park also has a paved trail from the parking lot to the shelter and to the bathrooms.

*Jefferson County Park information provided by Mary Truman of Jefferson County Parks



Fishing enthusiasts ages 65 and older, can purchase a fishing license for \$7.00. There is a fishing pier designed for people with disabilities located outside of Fort Atkinson & Watertown.





Senior Nutrition Program

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<u>Fort Atkinson Senior Center</u> Site Manager: Kevin Purcell 920.728.4756 <ul style="list-style-type: none"> • Serving Home Delivered Meals M-F in rural Fort Atkinson, Cambridge, Edgerton, Whitewater • Serving in-person dining M-F. <i>Reservation required</i> 	<u>Lake Mills Municipal Building</u> Site Manager: JaNae Kreul 920.728.6982 <ul style="list-style-type: none"> • Serving Home Delivered Meals M-F. • Serving Carry Out Meals M-F. <i>Reservation required</i> 	<u>Waterloo Karl Junginger Memorial Library</u> Site Manager: Joel Zibell 920.478.3344 <ul style="list-style-type: none"> • Serving Home Delivered Meals. M-F.
<u>Jefferson Senior Center</u> Site Manager: Joy Clark 920.728.0259 <ul style="list-style-type: none"> • Serving Home Delivered Meals M-F in Jefferson & M-W-F in Johnson Creek & Helenville • Serving in-person dining M, T, W. <i>Reservation required</i> 	<u>We've Moved!</u> <u>Sullivan Veteran's Memorial Park</u> Site Manager: Julie Schultz 262.753.3108 <ul style="list-style-type: none"> • Serving Home Delivered Meals M-F in Palmyra, Rome, Sullivan, Whitewater 	<u>Watertown Senior Center</u> Site Manager: Patti Hills 920.728.1210 <ul style="list-style-type: none"> • Serving Home Delivered Meals M-F in Watertown & M-W-F in Ixonia • Serving in-person dining M-F. <i>Reservation required</i>



See below for a
SAMPLE MENU
Call your nearest
meal site for the
current menu.



MONDAY	TUESDAY*	WEDNESDAY	THURSDAY*	FRIDAY
1 Glazed Ham Baby Red Potatoes Carrots Red Velvet Cake Fruit Cocktail Sliced Bread	2 Baked Chicken Garlic Mashed Potatoes Three Bean Salad Applesauce Cookie Dinner Roll	3 Pepper Steak Calico Bean Cass. California Blend Vegetables Cinnamon Roll Peach Slices Sliced Bread	4 Baked Spaghetti Italian Blend Vegetables Birthday Cake Petite Banana French Bread	5 Orange Chicken Baked Potato Tossed Salad Tapioca Pudding Apple Slices Sliced Bread
8 Hawaiian Meatballs Brown Rice Chinese Ramen Salad Tropical Fruit Salad Sugar Cookie Sliced Bread	9 Mushroom Pork Cutlet Mashed Potatoes Mixed Vegetables Banana Cake Apricot Halves Dinner Roll	10 Chicken, Broccoli & Rice Casserole Spinach Salad with Raspberry Vinaigrette Honeydew Melon Blonde Brownie Sliced Bread	11 Breaded Fish Fillet German Potato Salad Broccoli Cuts Pear Slices Butterscotch Pudding Onion Rye Roll	12 Smoked Sausage Baked Beans Peas & Pearl Onions Cantaloupe Slice Peanut Butter Cookie Sliced Bread
15 Roast Pork Loin Mashed Potatoes Carrots Applesauce Cake Peach Slices Sliced Bread	16 Meatloaf Baby Red Potatoes Tossed Salad Chocolate Pudding Apple Slices Dinner Roll	17 Baked Chicken Twice Baked Style Potato Copper Penny Salad Cookie Orange Sliced Bread	18 Beef Tips Baked Potato Corn Fudge Brownie Pear Slices Dinner Roll	19 BBQ Meatballs Red Beans & Rice Broccoli Cuts Petite Banana Cinnamon Roll Sliced Bread
22 Roast Turkey Mashed Potatoes Baby Carrots Pumpkin Cake Fruited Gelatin Sliced Bread	23 Beef Stew Spinach Salad with Honey French Dressing Honeydew Melon Cookie Cheddar Biscuit	24 Pork Jaegerschnitzel Mashed Potatoes Pickled Beet Salad Apricot Halves Butterscotch Pud. Sliced Bread	25 Bratwurst on a Bun Baked Beans Winter Blend Veg. Applesauce Chocolate Sundae Cup	26 Chicken Breast Mashed Potatoes Green Beans Ambrosia Dessert Petite Banana Sliced Bread
29 Beef Stroganoff Casserole Broccoli Cuts Chocolate Cloud Torte Pineapple Tidbits Sliced Bread	30 Salisbury Steak Mashed Potatoes Peas and Carrots Peach Slices Cookie Dinner Roll	31 Chicken Cacciatore Baked Potato California Blend Vegetables Apple Slices Frosted Cake Sliced Bread		

JUST FOR FUN



SPRING Word Scramble



Unscramble the Spring themed words below.

1. UARBMEEL _____
2. UESFBTRTEIL _____
3. RLSOFWE _____
4. UNSYN _____
5. IPLSTU _____
6. EISNSNUH _____
7. OLOSSBM _____
8. OIAWNRB _____
9. CICNIP _____
10. NGEARD _____

Hello Spring word search

S K I T E W T Y R D C W J P
 P P V W R F H R K N A O L U
 B L O S S O M S O L X R F M
 N D B G C X V R G A D A P B
 N I F U N O T A U D L I Y R
 J E T Q T N R N S Y E N N E
 C N S U U T I N K B A X K L
 C H L T L B E C V I F A T L
 Z G L K O I X R Z R B C E A
 E R Y R D B P I F D N E S Y
 T E D A F F O D I L R J D S
 R E J N N Y Q K N T Y Z U K
 Z N U Q A P B F L O W E R S
 W S F A X L H G R A S S P K

UMBRELLA
 TULIP
 LEAF
 BUTTERFLY

SUN
 NEST
 KITE
 GREEN

FLOWERS
 LADYBIRD
 GRASS
 RAIN

TREE
 ROBIN
 BLOSSOMS
 DAFFODIL

Caterpillar Maze



Help the caterpillar find their way through the maze to the butterfly.



TRANSPORTATION

Wednesday Walks

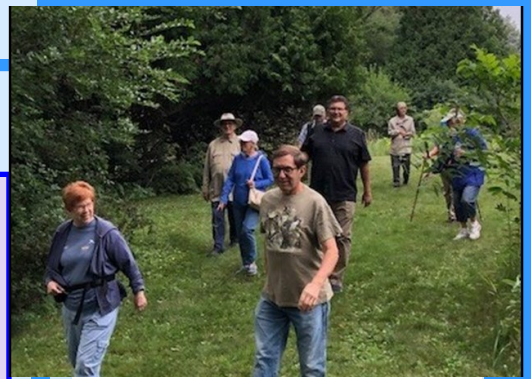
The "Wednesday Walks" program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy our beautiful county parks in Jefferson County. These walks are held at a different county park on the 3rd Wednesday of each month from May through September. Please call: 920-675-4049 for more details. Our first Wednesday Walks Event will take place at 9AM on May 17th at the Dorothy Carnes County Park (West) near Fort Atkinson.

Weekly Shopping Trips

We now provide shopping trips to popular stores in the city of Jefferson with our bus each week for \$5 round-trip. Reservations are required and seats fill up fast. Please call: **920-674-8104** several days in advance to secure your spot.

Monthly Day Trips

We now provide a bus service for seniors and people living with disabilities to enjoy unique places and popular attractions that can be reached within 1-2 hours of driving time from Jefferson County. The purpose of these trips is to help individuals to have an active and social lifestyle all year round. The cost of the bus ride for the Monthly Day Trips will be \$5 round trip. The locations of the day trips would be selected to appeal to a variety of interests, but also to provide educational and cultural experiences as well. Day Trips are planned for a variety of locations including museums, local attractions, shopping centers, etc. Monthly Day trips presently are being scheduled on the 1st Wednesday of each month with our bus leaving the Jefferson County area around 9AM. Reservations are required and seats fill up fast, so please call: 920-675-4049 if you are interested.



The ADRC of Jefferson County provides transportation to persons 60 years+ and persons with disabilities. Co-pays are \$2.50 per one way trip, in county and \$12.50 per one way trip, out of county.

Those unable to pay the co-pays may apply for a waiver. To request a ride, please call: **920-674-8104**, two business days in advance. Operation hours are Monday through Saturday 7:00 am - 4:30 pm.

Wheelchair accessible vehicles are available upon request.



NEW FACES AT THE ADRC



Tatiana March is our new Senior Nutrition Meals Supervisor. She comes to us with previous experience working with senior nutrition programs, which is wonderful for all of us. We are excited to have Tatiana joining our team, and look forward to her leadership with the Senior Nutrition Program.



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Your ADRC of Jefferson County intends to celebrate the OAM throughout the month of May. Visit our website or contact the ADRC for more details.

Beware of Medicaid Renewal Scam !

A new Medicaid renewal scam is occurring. Medicaid members have received two different text messages regarding their benefits. The first text message states that their case is at risk of cancellation. The second text message states that benefits have been cancelled and requests that the member call 1-877-687-4221. If the member contacts this number, then they are informed they have lost their health insurance coverage and need to pay to be reinstated. DHS wants to make partner agencies aware of this scam. DHS does not send text messages with this type of language and does not charge a recertification fee.

The ADRC
of
Jefferson County
LINK
Issue 4 January 2023



Jefferson County

Aging and Disability
Resource Center of
Jefferson County, WI.

Phone: 920-674-8734
Fax: 920-674-7603
Email:
rschmidt@jeffersoncountywi.gov

Have You Seen Us?



Our Vision:

To equip, empower and engage individuals living with disabilities, seniors, and their caregivers, by connecting them with supports and services while honoring their ability to make informed choices.



ADRC OF JEFFERSON

**You can reach us at:
920-674-8734**

